



# THE DESERT ANCHOR



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## THE DESERT ANCHOR

The Desert Anchor is a newsletter devoted to the Sailors and families of EMF-Kuwait

### Commanding Officer:

CAPT C. F. Faison

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CAPT T. M. Baransky

### Command Master Chief:

HCMC D. B. Whigan

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CAPT L. L. Cornforth



U. S. NAVY PHOTO BY HM3 STEENBLOCK

## EMF Welcomes new Commanding Officer

By CAPT Lee Cornforth



LTG Steven Whitcomb and COL James Rice look on as CAPT Catherine Wilson transfers command of the Expeditionary Medical Facility Kuwait to CAPT Forrest Faison Photo by HM2 Recille Menguita

During a 29 April formal military Change of Command ceremony, Captain C. Forrest Faison assumed command of U.S. Military Hospital Kuwait from Captain Catherine A. Wilson.

During her remarks, Captain Wilson reflected on her 5 1/2 months in command, "I could not have been part of a better team. This team always did the right thing even when nobody was looking." During her tenure, the Expeditionary Medical Facility Kuwait (EMFK) Camp Pendleton Detachment and its nine outlying clinics averaged 17,500 monthly patient encounters.

Wilson's deployment as Commanding Officer of the EMFK was cut short after she was recently selected to command the Naval Hospital in Bremerton Washington.

Col. James Rice, Commander of the First Medical Brigade, said of Capt. Wilson, "The families, patients and Sailors of the Naval Hospital Bremerton do not yet know what a great commander they are getting but they will soon find out." Rice was Wilson's immediate superior in command as the EMFK reports to the First Medical Brigade.

Key note speaker, Lt. Gen. R. Steven Whitcomb, Commanding General of the Coalition Forces Land Component Command, noted in his remarks, "Our ability to save Marines, Soldiers, Airmen and Sailors injured in combat is phenomenal. It's a capability not just because of the technology, it's a capability through the hearts and minds and fingers of our medical personnel that are so skilled in what they do."

"The fact that you can return 65% of the troops that come down to this facility back to the fight, as a commander, is significant to me."

(continued on page 12)

# A WORD FROM THE C.O. AND CMC



CAPT C. F. FAISON

*"Daddy...what's the best gift you've ever given me?"*

Not long before I deployed, I was putting my five year old daughter to bed. After a story and prayers, tucking her in and giving her a kiss on the forehead, I was about to turn out the light when this question came out of left field. Of course, there were many possible answers....her new bike at Christmas, going to see Mickey at Disney World, all the gazillions of Barbies in her room, our long tradition of "Breakfast with Daddy" every Saturday morning, or any number of gifts she's received in her five short years. But, as I thought about it, there really was only one answer. "Mackenzie, my best gift to you will be the time I am away in Kuwait."

We talk about patriotism, bringing freedom to Iraq, getting even for 9-11, you name it. But, in the end, there is really only one reason any of us is here....to help ensure the world we give to those we love is better than the world given to us. There is no greater gift any of us can ever hope to give. When I read about Al Qaida these days and what they are saying, it fills me with fear. Fear, because it is clear to me that, not only do they want us out of the region so they can restore a form of Islam out of the dark ages, they also want to spread that form of Islam to the whole world. They are very open on their websites and in their writings that their long term plan is for the entire world to be Islamic, and not just Islamic, but a radical form of Islam which is intolerant of all the things we hold dear in America. They plan to do this with a worldwide campaign of terror. They've already struck us once and they continue to strike all over the world. They have global reach and, as we have seen, are continually trying to get new and more lethal weapons to use against anyone they consider different than themselves....like us. My greatest gift to Mackenzie will be anything I can do over here to prevent them from achieving their goals.

My daughter, like those you love, deserves to live without fear. She deserves to go to school, or the mall, or a movie, or out with her friends without being afraid. She deserves to think her own thoughts, express her own mind, and achieve her life dreams without someone telling her how to think, how to dress, how to behave, or what she can or cannot do. She deserves a life where she is not considered a piece of property or a second class citizen. She deserves to live in a world where all people are equal and free and are not judged by the color of their skin, their sex, what they think, or what they believe. She deserves to go to the church of her choice and worship God as she sees fit without someone telling her what she can or cannot believe. In short, she deserves a world better than the one given to us. And...my gift to her is my time over here to help, in any way I can, make that happen. This gift to Mackenzie involves sacrifice, but they are small to me if, in the end, the world I leave her is better and safer.

Each of you is making those same sacrifices every day. Each of you is over here for one reason as well....for those you love. Sure, you can say it's the job, the pay, that you were told to deploy, that you like the adventure, or any number of stock answers we give when asked why we serve. But, the bottom line is this: each of you volunteered to serve and volunteered to serve at a time when you knew that serving would involve sacrifice, danger, absence from those you love.

That uniform you wear is more than just clothes. At a time when we live in a world where it is easy to say "me first," that uniform tells the world that each of you, with great sacrifice, put others first, whether they be your family, your friends, or your country. Each of you stood up and said "send me. I want to help." In the short time I have been your Skipper, I have developed the deepest respect and admiration for each of you and the outstanding job you are doing. Each of you, with pride, can say "I made a difference." And....one day....whether it's after tucking your child in for the night, or looking into the faces of your family at the Thanksgiving table, or watching them pray in church, or any of the countless times you are with them....each of you can know in your hearts....that you gave them the greatest gift....because you gave yourself to help make the world a better place for them. I am honored to be with you in helping to make that happen.

Skipper sends



HMCM (FMF) D. B. WHIGAN

Greetings to all,

First and foremost, I would like to convey our warm welcome to CAPT Faison. We are very fortunate and blessed to have another strong and solid Commanding Officer who will continue to provide us the vision, guidance, and direction to carry on our mission. All of us have read our Skipper's intent. As we move forward with this deployment, we will work together as a team to make sure the building blocks, which our CO has provided us, are put together firmly, efficiently, and effectively.

Shipmates, ever since you took charge of this very important mission, you have been very enthusiastic in performing your job and have displayed unparalleled teamwork. Thank you for keeping an outstanding Command reputation. The leaders in theater and your patients have repeatedly expressed their appreciation and endless thanks for your superb services.

Over the past few months, you have had many accomplishments: The welcome and farewell parties that you organized were commendable; the Change of Command ceremony was admired by the attendees; you continuously made improvements in your clinic and the hospital; the review classes in the different areas are going well; we have 14 Sailors who graduated the Sickcall Screener's Course and the Fitness Enhancement Program is very successful and making progress for our participants. Our Career Counselors are reaching out to shipmates, assisting in C-school packages, processing reenlistments, extensions, SRBs, and negotiating orders; our S-shops are providing exceptional support; you have represented EMF well by participating in sports and MWR events; and above all, you have provided excellent health care and medical support to our Coalition forces and civilians. You definitely continue to impress the Command leadership with your outstanding contributions. I'm very proud to be a part of the EMF Team.

We're almost half way through our deployment. Let's continue to stay vigilant in safety and risk management. It's getting hotter every day, please hydrate and avoid sunburn. We need to keep an eye on each other to stay focused on our CO's intent, policies, and goals so we can accomplish our mission all the way to the very last day of our deployment. Most of all, we need to take care of each other so we will all return home proudly and safely. I could not ask for better shipmates, **you are the best!!!!**

Before I close, let me take this opportunity also to express our deepest gratitude to 1<sup>st</sup> Medical Brigade led by COL Rice and CSM Stuart. The leadership and support that they are providing to our Command is phenomenal and our relationship is getting stronger as we continue to carry out our Mission.

To our loved ones, I would like to say "Thank you ever so much." We could not focus in performing our job without their support and sacrifice. **They are our heroes and America's heroes too. Happy Mother's Day!**

Very respectfully, CMC

# CHAPLAIN'S CORNER

From the Desk of the Command Chaplain, LT Andrew Smith



## Getting Our Sea Legs Both In Country And At Home

The folks from wave one have been in country here for almost three months and the wave two folks have been here just over eight weeks now and from walking around and talking with everyone, I can tell that even though we're on the dirt we are getting our sea legs for this deployment.

It seems strange to me to use that analogy with Sailors who are in the dirt and not underway, but I can tell you we have had to make some serious adjustments to the different kinds of rolls and tides that living with our Army colleagues can bring. I'm proud of all the folks here for settling in and doing their best to make this deployment an opportunity to show everyone the capabilities of Expeditionary Navy Medicine.

For the families left at home, you have gone through perhaps an even more profound change. I would expect that most families by now have made the transition from the mixed emotions that occurred before the deployment and even afterwards and have established new routines, perhaps even reconnected with friends and found confidence in your independence. Families too have found their sea legs. While you certainly don't want to live this way, with your loved one forward deployed, you have realized by now that this is possible and you can do it. That's a positive step.

One of the challenges I've noticed here in Kuwait is that with the availability of the email and even the phones there is a lot of communication but many times the communication is not clear. Think about it, with an email you can't see how hard someone is typing or whether they are smiling. Even with a phone call, only so much can be communicated through tone of voice and inflection. We are people and we communicate with our faces and eyes and other non-verbal cues that are all completely missed over the telephone and email. Over long distances, this kind of communication is prone to distortion and misperception. I have advised more than one of our Sailors that hot topics in a relationship are probably not best handled over the phone and it might be better to wait and handle those things after the deployment, depending on the issue.

I don't want to say that I'm the master of all deployment related issues, but my wife and I have survived two deployments before this one and we know from personal experience that some of this advice is good stuff.

One other related issue is that because the communication is often, one-way, that is the Sailor here initiates the phone call, folks at home can be left feeling trapped waiting for the call or feel guilty when they miss a call. Likewise, Sailors here are often frustrated when they try to call, often not without a significant wait to do so, and no one's home. Again, this kind of frustration on both sides is like most relationship tension and it comes from unmet expectations. Phones are fantastic ways to communicate, but often writing and email or even a real letter allows for more edited versions of intense emotions to come through. And you have the added knowledge that everything in your letter is completely between you and your beloved.

Relationships often take a few hits during a deployment and in other ways they can grow. It's up to you to see how your relationship will change during this deployment. I wish you the very best.

## DO YOU HAVE A BABY ON THE WAY?

By HMC(SW/AW) Christine Miller

If you said yes, then "Operation Baby Blanket" is for you! Mrs. Vera Wilderman and her friends in Columbus, Ohio have formed a knitting club. They knit one of a kind baby blankets and ship them to expectant military families around the world. They have named their organization "Operation Baby Blanket" and are standing by ready to knit on a moment's notice. HMC Christine Miller, of USMHK, Nursing Services Dept; met Vera by chance through [www.anysoldier.com](http://www.anysoldier.com) and was added to her roster of overseas coordinators. The first blankets are already here. An identical pair of blankets were 'delivered' on March 31, 2006 to HMC(SW/AW) Jason Duhon, of USMHK, Patient Administration Department. And not a moment to soon; his wife, Maria Elisa, delivered Jaeden and Cameron on April 13th! HN Clint McNay, of USMHK, Nursing Services Dept, was the second recipient. His wife, Christina, is expecting their first child in August.

Please call HMC Christine Miller at 972-4844 if you or someone you know is expecting a baby soon. Vera and her knitting club have many handmade blankets that are awaiting deployment orders to "Operation Baby Blanket."



HMC(SW/AW) Chris Miller (left) and former Commanding Officer, CAPT Cathy Wilson present HMC(SW/AW) Jason Duhon with two baby blankets, one for each of his newly born twins  
Photo by HM3 Debra Hanson

## HEALTH & WELLNESS

### New Dietician Anxious to Help Us Get Fit!

By HM2 Kellie Milton

The new Health and Nutrition section welcomes Lieutenant Junior Grade (LTJG) Amit Sood, pictured below, a Registered Dietician from Naval Medical Center San Diego. LTJG Sood joins us on deployment after only one year and eight months in the Navy. A graduate from University of Texas (UT) at Austin with a Bachelor of Science in Nutrition, he received his Registered Dietician License through a coordinated program at UT. LTJG Sood wanted to study something related to disease prevention and found nutrition to be key. He believes we all have the ability to make ourselves healthier because we control the food we put into our bodies every day. When asked about job satisfaction, he stated "I love it because I can help people reach personal goals and see the results."

As a Dietician in the military, LTJG Sood is able to accomplish much more than his civilian counterparts who usually deal with inpatients only. As a Navy dietician, LTJG Sood performs outpatient counseling, inpatient assessment and diet control, patient education, sports nutrition, diabetes prevention classes, weight control management classes, and provides counseling for those with substance abuse problems. USMHK is happy to have LTJG Sood on board and we look forward to working closely with such an asset. LTJG Sood also looks forward to the experiences he will gain in the unique environment at USMHK and the outlying clinics.

### Performance Enhancement Using Proper Nutrition: Part I

By LTJG Amit Sood

Are you serious about losing body fat, gaining muscle mass, increasing athletic performance, endurance, and strength? If you're an athlete, chances are you're trying to achieve one or all of these goals. If you are serious about making a difference, then read on! In the next few series of articles, you will find out how to maximize your eating plan to achieve your goals.

There is no doubt that what you eat has a direct affect on your overall health. The choices you make also affect the way you feel, act, think, work, and work out. When it comes to exercise performance, it is 5% of the exercise component and 95% nutrition and timing. You must understand that FOOD = FUEL for the body, and we're not talking about just any food. Think about it, if you put the wrong grade of fuel in a Formula 1 race car, it might not run most efficiently or it might not run at all! Same goes for the engine in your body. You must have the right type of fuel for maximum performance.

Potentially, the body can use 3 different types of substances for fuel. These



EMF Dietician, LTJG Amit Sood, displays some of the ingredients that make up the perfect meal. Photo by HM2 Kellie Mil-

l- are carbohydrates, proteins, and fats. Ideally, you want to use carbohydrates and fats, not protein as a fuel source, although some proteins might be used in various times throughout the day. You want to try to use protein solely for replenishing your muscles. If there is an excess of protein in the diet, and not enough carbohydrates, then the body starts to make carbohydrates from the excess protein you eat. This pretty much defeats the purpose of protein to be used for what it's made to do—repair and rebuild muscle!

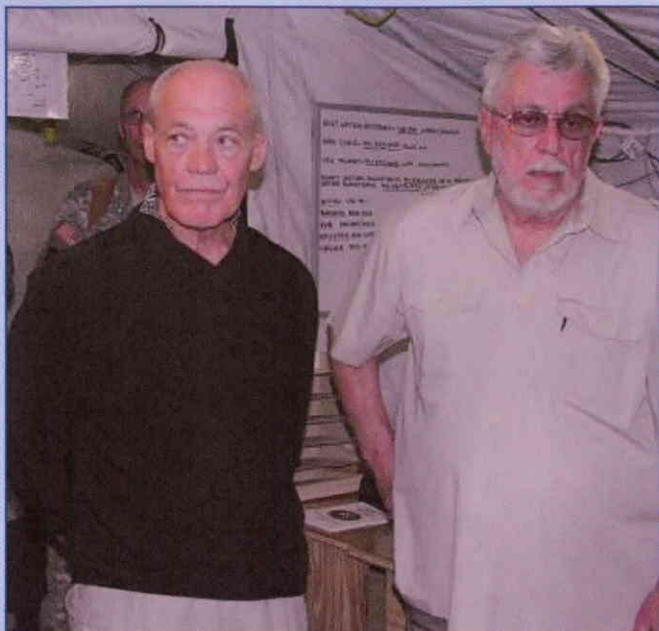
Let's go into the specifics of where we get carbohydrates, proteins and fats. Most of your dietary carbohydrates should come from whole grains, fruits, and vegetables. Avoid or limit the items in the 'grains' group that are colored in white. For example, white bread, white rice, noodles, and high sugary cereals. These are all considered simple starches. Instead focus on whole grains, whole wheat, bran items, and high fiber cereals. By choosing the healthier grains, you will have prolonged energy throughout the day.

Proteins come mainly from meat, fish, poultry, eggs, beans, and nuts, as well as dairy products. The best thing to remember is choose low fat items from these groups. If it's one thing you remember from this entire article, realize that in order to lower body fat, you must lower dietary fat. However, going back to protein containing foods, you can tell if a certain type of meat product is lean or not by simply knowing whether it is an actual cut from the animal. For example, compare a chicken thigh to chicken nuggets. The thigh an actual cut from the animal, whereas the nuggets are a combination of who knows what! The leaner options include chicken, turkey, various cuts of beef, egg whites, and fish.

Now let's talk about the GOOD stuff, the skin on the chicken, the glazed fat from the corner of a piece of steak, or how about a cheeseburger. Yes, I agree fat tastes good, however you must limit it in order to minimize body fat. Dietary fat can come from any kind of fried foods and high fat animal products, such as high fat meats and high fat dairy products. Also watch out for certain condiments such as salad dressing, as well as sweets and desserts, which can be loaded with fat. Don't get me wrong, the purpose is not to completely eliminate fat. We want to limit saturated fats and increase unsaturated fats in our diets. Monounsaturated fats are great to help lower the risk of heart disease. These mainly come from olive oil, canola oil, peanut oil, avocados, and nuts in general, which have the good fats in them. Now that you know what kind of food items to pick from each food group, next time we will look at how much carbs, proteins and fats you need and what they do in the body when you eat them.

## Medal of Honor Veterans Visit US Military Hospital Kuwait

By HMC(SW/AW) Christine Miller,



Medal of Honor recipients, Colonel Robert Howard, USAF (RET), and Captain John James McGinty, III, USMC (RET), visit staff and patients of EMF Kuwait. Photo by HM3 Debra Hanson

USMHK has hosted many celebrities and distinguished visitors over the years, but true legends walked through our blue door when Medal of Honor recipients, Colonel Robert Howard, USAF (ret), and Captain John James McGinty, III, USMC (ret), visited Camp Arifjan on Wednesday, April 19<sup>th</sup>, 2006. One of the highlights of their stop was a tour of US Military Hospital, Kuwait (USMHK). Both men spent time posing for photographs and talking with staff and many of the patients on the hospital wards that day. Both Colonel Howard and Captain McGinty, III earned their Medal of Honor Awards during the Vietnam Conflict and have a combined total of 57 years of military service.

Colonel Howard's extensive personal knowledge of airborne operations was of particular interest to military movie fans. He participated in two airborne and special operations movies, both featuring legendary actor John Wayne. No stunt double was needed: Colonel Howard personally made a parachute jump on the filming of *The Longest Day* and as an Airborne Instructor in *The Green Berets*.

## Charlie Daniels visits staff and patients

By HMCS(FMF) Bob Lohner



Charlie Daniels autographs Command Master Chief Whigan's guitar as HN Kristen McBeath watches. Photo by HN Sergio Acosta

Country music legend Charlie Daniels visited USMHK on April 14th to visit patients and staff. Daniels, who was on a USO tour through the Southwest Asia, signed autographs and posed for pictures. That evening Daniels performed in concert with his band before leaving the next day for concerts in Iraq and Afghanistan. During his visit, Daniels expressed his deep respect for those who serve our country and thanked everybody for their service.



UT3 Gardner (left) and LCDR Ruch (right) pose for a picture with Charlie Daniels. Photo by HN Sergio Acosta

# Chief Petty Officers Celebrate 113th Birthday

By HMCS(FMF) Bob Lohner

Saturday, April 1st, 2006 marked the 113th birthday of the rate of Chief Petty Officer in the United States Navy and Chief Petty Officers assigned to EMF Kuwait celebrated with a moving ceremony and cake cutting.

The first Sailor referred to as Chief was Jacob Wasbie, a Chief Cook's Mate onboard the USS Alfred during the Revolutionary War, but it was not until April 1st, 1893 that congress officially established the rate of Chief Petty Officer. The original Chief's were promoted from the following ratings: Master at Arms, Boatswain's Mate, Quartermaster, Gunner's Mate, Machinist, Carpenter's Mate, Yeoman, Apothecary, Band Masters.

The EMF Kuwait celebration was hosted by HMC(SW/AW) Adam Breede and began with the singing of the national anthem by HMCS (FMF) Eric Faulkner followed by comments by Commanding Officer and guest of honor, CAPT Cathy Wilson, who has deep ties to the Chief Community as the daughter of a Chief Petty Officer. The ceremony also included a brief history lesson on the Chief Petty Officer rate by YNC(SW/AW) Abeldano, and readings of the Fouled Anchor by HMCS(FMF) Lohner and the Chief's Creed by Command Master Chief Whigan. HAPPY BIRTHDAY CHIEFS!



(L-R) YNC R. Abeldano (Most Junior CPO), HMCM D. Whigan (Most Senior CPO) and CAPT C. Wilson (CO) cut the cake during the 113th CPO Birthday Celebration..

Photo by HM3 Debra Hanson



EMFK-CP Det Chief Petty Officers display the birthday cake prior to the start of the ceremony. Pictured left to right are: HMC John DeCampos, YNC Rolando Abeldano, HMCS Eric Faulkner, HMC Adam Breede, MAC Kelly Hallmark, HMCM Don Whigan, HMCS Bob Lohner, HMC Jun Santos, HMC Kimbrough Johnspn, HMC Chris Miller, HMC Jason Duhon, HMC Joe Aviado and SKC Will Bell.

Photo by HM2 Ricelle Mengita

# PERSONNEL NEWS

## MARCH-APRIL AWARDS

### NAVY AND MARINE CORPS COMMENDATION MEDAL

CDR KARON JONES	CDR KEVIN DELAHANTY
LCDR DONNA JEFcoat	HMC JOAQUIN HAGAD
HMC DAWN CALHOUN	HM1 BRIAN WOOD

### NAVY AND MARINE CORPS ACHIEVEMENT MEDAL

LCDR JOE CASEY	LCDR ERIC JOHNSON
LCDR DERMOT KILLIAN	LT ERIC DUFFY
LT STEVEN CLIFFORD	LT WALDEMAR GOULET
LT WILLIAM PEFFLEY	LT PATRICIA MILLER
LT RICHARD SALSBUry	LT CAROLYN AROS
LTJG COURTNEY BALENTINE	HMC JAMES BAILEY
HM1 CHARLES MINOR	HM2 RENATO OLASO
HM2 LAMONTE HAMMOND	HM2 LENELLE WILLIAMS
HM2 TAMMY CAOLE	HM2 GARY RONZHEIMER
HM2 COREY STREAMS	HM2 JAMES HARPER
HM2 EXION HUYHN	HM2 MICHAEL MOSHER
HM2 JASON SPRUILL	IT2 PHILLIP KEELS
HM2 TRENT WIDENER	HM2 TREVOR WOLFE
DT3 BOWIE-BROWN	HM3 JENNIFER CLAUS
HM3 TIFFANY HAUGAN	HN BRIAN BRECKLY
HN AMY TYO	HN MELISSA JANY

### FLAG LETTER OF COMMENDATION

CDR JEFFREY LENERT	HM2 JOE LERMA
HM3 MAURICE ELLIOTT	SK3 CORNELIUS HALL
HM3 TARA PASSMORE	HM3 JAMES WILSON
HM3 THOMAS YOUNG	HN MICHAEL MARTINEZ

### LETTER OF COMMENDATION

HM2 SILVER AMENSON	HM2 MICHAEL MOSHER
HM3 KENNETH MOSHER	HN KEVIN SWANSON

### LETTER OF APPRECIATION

HM3 SYLVIA McBEE

## APRIL BIRTHDAYS

HM3 HONOWAY	CAPT BAUMGARTEN	LCDR TOMAYO
LCDR REITER	CDR WAYNE	HM2 CASTANON
LT BISHOP	YN2 PHLAUM	HM3 AVILALIMA
HM2 PENAFLOR	HM2 HALL	HM3 GRAY
HM3 GRAY	LCDR JOHNSON	HM3 CLARK
HM3 SILVA	MA3 RAMIREZ	LT OLASEHINDE
HMCM WHIGAN	HMC BREEDE	

## MAY BIRTHDAYS

HN WARD	HM2 ROLDANPEREZ	HM3 CERVANTES
LCDR LOMBLot	CDR RICHARDSON	CAPT BARANSKY
LTJG BROWN	LT SANDERS	LCDR CURRIE
HM3 SLAUGHTER	HM3 STARCruiser	HN COOPER
LCDR SPENCER	MA2 TRAN	ENS SEARLE
SK2 FLORIDA	CAPT CORNFORTH	HM3 PATAcsil
HM3 STRAUSS	LT HINES	HN RIALS
HM3 KADDY	LT ANDERSON	HM2 SAGUN
HM2 ARNOLD	HM3 PENENURI	CAPT FAISON
CAPT JACKSON	HMC DUHON	CDR CARLTON
HM1HILL	HM1 CRAIN	HN DRAPER
HM3 ADKINS	CDR LOCKE	

## FAULKNER SELECTED FOR

### MASTER CHIEF PETTY OFFICER



HMCM (FMF) Eric Faulkner addresses the Sailors following his frocking ceremony. U. S. Navy Photo by HM3 Debra Hanson

## MAY OFFICER PROMOTIONS

LCDR WHITE	LT SIMMONS
LTJG GOLDBECK	LTJG BLAZINA

## MARCH-APRIL REENLISTMENTS



HM2 David (left) takes the reenlistment oath from HMC Lucky at TMC Qatar under the supervision of LCDR Won Moon (not pictured). HM2 David reenlisted for five years. Photo by HM3 Heather Eisenhardt

# BIOGRAPHY SPOTLIGHT

## Enlisted Biography Spotlight

*Hospital Corpsman (Fleet Marine Force)*

*Second Class*

*Rodolfo Arinas*



*"Live it, like you Dream it."*

HM2 Rodolfo Arinas is from California, the city of West Covina. He was born in Quezon City, Philippines and moved to the United States when he was ten years old. Petty Officer Arinas was always interested in healthcare since the majority of his family members were in the healthcare field. It wasn't really that hard deciding that he wanted to join the Navy as a corpsman.

Assigned to EMF Kuwait as a Respiratory Technician his parent command is National Naval Medical Center, Bethesda, Maryland and he is currently working on his Associates of Science degree with a focus in Respiratory Care. Petty Officer Arinas has been in the Navy for 6 ½ years and his main goal is to finish his degree, apply for MECF and eventually become a Certified Registered Nurse Anesthetist.

HM2 Arinas is married to a loving and understanding wife, Leslie J. Torres, whom he met through a mutual friend. Some of his hobbies include sports such as basketball, tennis, and working out. He enjoys these especially when deployed and there is a lot of available time. He passes along some sage advice for those on their first deployment. "It could always be worse: don't be jealous, it makes you look ugly."

## Officer Biography Spotlight

*Commander Kevin Kalanta, DC*

*Director of Outpatient Clinical Services*

*(DOCS)*



A native of Colonia, New Jersey, CDR Kalanta received his Bachelor of Science Degree in Biology from St. Joseph's University at Philadelphia in 1978 and graduated dental school at Northwestern University in 1978.

After 13 years of private practice, CDR Kalanta entered the Navy in 1991 for a chance to see the world and do something different. His duty stations since include: Cecil Field, Jacksonville, FL; USS YOSEMITE (AD-19); 3<sup>RD</sup> Dental Battalion, Okinawa, Japan; National Naval Medical Center, Bethesda, MD, where he completed his residency in Comprehensive Dentistry; 1<sup>st</sup> Dental Battalion, Naval Dental Clinic, Camp Pendleton, CA and USS ENTERPRISE (CVN-65). At his home station. He is currently assigned as Officer-in-Charge, Naval Branch Health Clinic, Naval Air Technical Training Center, Naval Air Station Pensacola, FL. CDR Kalanta has been selected for Captain and will be transferring to Bureau of Medicine and Surgery in October where he will serve in the M-8 Comptroller Shop.

His wife, Karen, when not looking for a new home in the DC area, is an active volunteer helping with the Red Cross at Naval Hospital Pensacola and assorted hurricane relief efforts. CDR Kalanta's hobbies include golf, reading, running, cooking and gardening.

# EMF IN ACTION

## Five Trained, Ten to Go!

By HM3 Veronica Penunuri

At Troop Medical Clinic Camp Virginia, we are introducing the dental field to our fellow hospital corpsmen. With the merger in full effect, we have been busy training corpsmen in the basic duties of a dental technician. They have learned the full routine from check-in to the chair. As a result, five corpsmen are now able to shoot dental x-rays and identify the name and purpose of special instruments and procedures. Training also includes the sterilization process, as well as assisting in basic chairside assistance during operative procedures, oral surgery, and endodontics. This training will provide new opportunities for career development and advancement as well as supporting the merge to become one rate, one corps.

Not only have the corpsmen received cross-training in dental, but the dental techs are enjoying the same opportunities in the medical field. We have participated in patient care training such as evaluating vital signs to conducting a head to toe physical exam. DT3 Melodee Padrigo is pursuing her goal to become a Radiologic Technologist by cross training in x-ray. I had the opportunity to assist the medical officer with the removal of a cyst from a patient's upper back and it was a great learning experience.



HM3 Veronica Penunuri demonstrates proper techniques to HN Joe Carrillo.

While the merger has been very difficult for a few, most have done exceptionally well. HN Joe Carrillo cross trained in dental for just one week and because of his quick learning, he was selected to augment our dental staff for an additional week. Bravo Zulu on a job well done! With this being said, I believe that we should all strive to push forward to make this merger a smooth ride and it is happening first hand here at Camp Virginia. HOORAH!!



HN Rachel Fuller sutures a cut while being assisted by HM2 Annie James.  
Photo by HM3 Jennifer Patascil



HM2 Kellie Milton makes the EMF "haze grey"  
Photo by HM3 Debra Hanson

By HM2 Kellie Milton

The Senior Petty Officer Association (SPOA) recently painted one of the hospital passageways for the change of command. Fifteen cans of paint plus twenty paintbrushes and rollers later, we are now closer to making our hospital "haze grey and under-way." Bravo Zulu to the SPOA, whose hard work in the baking after-noon heat made our hospital much more hospitable!

## Deployed Cousins!!!

By CAPT Kristejo Grau

Lieutenants Penny Delgado and Julie Bishop, formerly known as Penny Perez and Julie Perez, respectively, are first cousins currently deployed together at the Expeditionary Medical Facility in Kuwait. LT Delgado is a Perioperative Nurse assigned to the EMFK Operating Room and LT Bishop is the Department Head for the Orthopedic and General Surgery Clinic of EMF. Stationed at Naval Medical Center San Diego, LT Bishop is the division officer for the Otolaryngology Clinic, while LT Delgado is a perioperative staff nurse in charge of orthopedics and division officer of the sterilization department at Naval Hospital Great Lakes and its surrounding branch clinics.



LT Julie Bishop and LT Penny Delgado  
Hanson

Photo by HM3 Debra

A Reserve Officer Training Corp (ROTC) graduate of the University of Colorado in Boulder, LT Bishop received her commission in August of 1997 and her first duty station was as a medical-surgical staff nurse at Naval Medical Center San Diego. LT Delgado followed her cousin's suit and after 3 years as a civilian Registered Nurse (RN) she joined the fleet in May 2001 and was commissioned into the Navy Nurse Corps as an ensign. They were stationed together briefly from July 2002 to September 2004 at Naval Hospital, Guam and worked hand in hand in the perioperative department where LT Delgado was a perioperative RN and LT Bishop was the PACU Division Officer.

Military life is nothing new to the two LT's. LT Delgado is the daughter of retired Army Master Sergeant John H. Perez and LT Bishop of retired Army Sergeant First Class Vicente H. Perez from the small island of Guam. Both spent their childhoods traveling to various Army posts throughout Germany and the US. With the retirement of their fathers, LT Bishop settled with her family in Colorado Springs, Colorado, and LT Delgado settled on Guam.

LT Delgado is now married to Edgard Delgado and has two children, Madelaine; to whom LT Bishop happens to be the godmother; and Sean Alexander. LT Bishop is married to LCDR Frank Bishop who is an ophthalmologist at Naval Medical Center San Diego.

When approached about their concurrent deployment at the same command, at the same time, it can be said that the two are very happy to have one another here. It is nice to have someone to talk to when things get hard and know that they can understand you more than just an acquaintance might. Plus, it is the perfect time to catch up on lost time since everyday life back home in distant US cities keep the cousins preoccupied.

All in all, they feel fortunate to have each other and to share in this adventure together. When one comes to think of it, how often do you get to be deployed with a close family member, at the same time, the same place, and the same command? They feel very lucky indeed!

## 14 Complete Sick Call Screener Course

By HM1 (FMF/SW/AW) Vincent Soto



HM3 Candice Herold receives her certificate from CAPT Faison  
Photo by HM2 Ricelle Menguila

On May 3rd, 14 hard working Hospital Corpsman graduated from EMF Kuwait's first Sick Call Screener Course. Upon completion of this course, the graduates are better educated and trained to provide primary care triage and assistance to health care providers on minor medical conditions. Course topics included: Dermatology, Eye, ENT, Neurology, Cardiology, Pulmonary, Gastrointestinal, Orthopedics, Sexually Transmitted Diseases, Infectious Diseases, Endocrinology, and Pharmacology. Each student that graduated was presented with a certificate of completion along with a Sick Call Screener patch. The following students were graduates of this class: HM3 Stephanie Stock, HM3 Victoria Harris, HM3 Kyle Evans, HM3 Jennifer Patacsil, HM3 Candice Herold, HN Laqunia Williamson, HN Bethany Moats (Honor Graduate), HN Noemclay Gallego, HM3 Meghan Halisky, HN Kristin McBeath, HN Ashley Wehner, HN Jessica McCray, HN Benjamin Elliott, HN Kelly Hope.



HN Bethany Moats (honor graduate), HM3 Candice Herold, HN Ashley Wehner, HM3 Meghan Halisky, HN Kristin McBeath and HM3 Victoria Harris celebrate after graduation ceremonies.  
Photo by HM2 Ricelle Menguila

## Why run?

HM1 David Crain

I started running back in early 2003. The catalyst to this came right after the Spring Cycle PRT when I ran an 11:18 and I thought to myself, "I can do better than that". It was then that I challenged myself to improve my time by 1 minute, and so I began. I had just transferred back to the Naval Medical Center San Diego. I started my running in a gradual manner and diligently tracked my times. I always had on my mind to beat my last time by 1 minute so I ran and ran. There were some weeks that I ran every day. Towards the end of summer I cut that down to basically three times a week. I did the bulk of my running through beautiful Balboa Park. I noticed my times were getting faster and faster over the summer. I was ecstatic about it. I would even run at the actual PRT site at Naval Station San Diego. The fall came but sadly not without tragedy as my father, retired after 20 years in the Air Force, suddenly passed away at his home. This sadness would later provide for much of my motivation.

I had continued to train while on emergency leave to cope with the loss, grief, and stress and it helped. When back in San Diego, I returned to training at Naval Station. On the day of the PRT, I thought of my father and my mother. When we started the mile and a half run, I took off in a semi-sprint to break away from the "Wolf-Pack". Then I found my comfortable groove and cruising pace. When I reached the halfway point, the CFL time-announcer said, "4:45" as I passed her. I was elated! I accelerated from there with a burst of renewed energy. When I finished, I came across the finish line with a 10:08. I had improved my time by more than a minute! It was at that moment that I thanked my late father for giving me the strength and dedicated that run to both him and my mother.

I still run today with that same drive and determination. I love it! People that know me always see me and ask, "Why run?" I could think of many reasons: stay healthy, getting that natural runner's euphoric high, challenging myself, feeling like I'm in my prime again, keeping my edge and good running times on the PRT. The list of reasons is endless. I recently took a quote from an article of interest:

### Running 101 – Why Run?



USMHK Sailors gather for a pre-race photo prior to the start of the Boston Marathon (Iraq) that was held at Talil Air Base, Iraq on Saturday, April 15th.  
US Navy Photo

### The Benefits of Running

by Jesslyn Bass

When you envision running, you probably will fall into one of two categories. Either you love it or you hate it; sometimes it is even a love/hate relationship. But what makes people love it? And what makes people who hate it keep doing it? It is likely that the benefits of running outweigh the hatred (if there is any hatred).

There are as many benefits of running as there are reasons that runners run. It may be to lose weight or get fit. Perhaps they run to stay healthy and happy. It could even be a way to meet people or to compete with themselves or others in races.

Whatever the case may be for each runner, the benefits of running can be broken down into 3 main categories:

**Health Benefits of Running:** From wanting to lose weight to trying to fight disease and aging, there are numerous health benefits to running regularly.

**Mental Benefits of Running:** Whether to relieve depression or find some time to think, there are large (and proven) psychological benefits to running as well.

**Community Benefits of Running:** Don't overlook the benefits of a community to turn to; the running community is very much a culture all its own.

# COMMAND NEWS & EVENTS

## CHANGE (continued from page 1)

"Captain Wilson provided the leadership, the direction, the vision and guidance for her watch and you all (EMFK staff) executed. I commend you for this execution and Captain Wilson, I commend you for your leadership of this team to accomplish your vision and make your foxhole better than when you arrived. And that's the best that we can hope for as leaders and commanders."

In his remarks, Captain Faison addressing the EMFK staff said, "Each of you represents America's promise to its mothers and fathers that we will do all in our power to return home safely the sons and daughters they've entrusted to us. Further, it's a promise we make not only to America's mothers and fathers but to those of our Coalition partners as well. That's a promise we'll continue to keep on my watch."

"We cannot keep that promise alone. It's a team effort, a team of Army, Navy, and Air Force working as one. In the end, it doesn't matter what uniform any of us wear since we're not just Army, or Navy, or Air Force....we're Americans.... and we're here keeping a promise on behalf of a grateful nation. We cannot succeed in keeping that promise unless we succeed together...one team, one fight, one promise entrusted to our care."

Faison's previous assignment was Deputy Commander, Naval Medical Center, Portsmouth VA, leading a staff of 6000 delivering care in Navy Medicine's largest medical facility.

## Caption Contest #1

Submit your idea for a caption for the picture shown below. Winners will be chosen by the Desert Anchor staff on their humor and originality and will be displayed in our next edition. Your entry can be delivered to HMCS Lohner in person or via e-mail.



## "FIELD OF DREAMS"

By HM1 (FMF/SW/AW) Vincent Soto

The dream of being a world-class athlete or being some famous star, we all have dreams and sometimes we get to live a small piece of that dream. For the men and women of EMF Kuwait softball team they are living a small piece of that dream. I watch them pull off a double play to end the inning, so graciously, so smooth as if that was their moment, their dream. They don't have a Barry Bonds or an Alex Rodriguez or even a Pedro Martinez, but they play their hearts out, with every play there is a glimpse of A-Rod or Pedro, a long ball that mirrors Barry's. A team is what they call themselves. While they may not have any superstars, there are definitely some dreamers. EMF Kuwait's softball team is made up of: IC1 Julio Salazar, LCDR Gerald Schmucker, HM1 Matthew Robinson, HM1 Napoleon Lewis, HMC Jason Duhon, LT Joseph Borup, LTJG Brandon Williams, LCDR Marc Fogelson, LCDR Christopher Haas, LT Robert Hines, LCDR Frank Pearson, LT Ruben Acosta, LTJG Peter Goldbeck and ENS Dawn Eatoough. Although a valiant fight was fought by the EMF softball team, they fell to 1st Medical Brigade "Silver Knights" in a close contest on May 8.

## OMBUDSMAN INFORMATION

Ombudsmen serve as the civilian advisory and liaison for the command in matters pertaining to the family members of deployed personnel. They are a very important link to the success of any deployment and offer numerous resources, updates, and other valuable information to family members.

The Ombudsman POC for all EMF-Kuwait personnel is Mrs. Becky Cornforth at [bycornforth@cpen.med.navy.mil](mailto:bycornforth@cpen.med.navy.mil). (Phone: 760-385-9614)

## Future Command Events

- |        |                                       |
|--------|---------------------------------------|
| 14 May | Nurse Corps Birthday Celebration Luau |
| 18 May | Women's Health Symposium              |
| 27 May | Brigade Run & MWR Event               |
| 29 May | Memorial Day                          |
| 17 Jun | 108th Hospital Corps Birthday         |